

WINTER 2014

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where we live

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City Staff

Allan Weegar City Manager
Allan Heindel Deputy City Manager
Jeff Jones Assistant City Manager
Clay Caruthers Assistant City Manager
Ron Haynes Director of Public Works
Steve Moore Chief of Police
John Brown Fire Chief
Rita Frick City Secretary
Ashleigh Johnson Communications Manager
Steve Bowden Director of Economic Development
Matia Messemer Human Resources Manager









On the Cover

Ryan and Liz Miller moved to Hurst with their two children, Ryder and Macy, in June 2013. After serving in the United States Air Force for six years, they knew they wanted to move back to the DFW area. The Millers found the perfect home for their family in Hurst, and they have enjoyed the benefits of living there. A favorite place for them to go is the Chisholm Aquatics Center. Ryder and Macy have also taken several classes at the Recreation Center. Since moving here, they have been blessed by the welcoming environment and friendly atmosphere in their neighborhood, school and church. We met up with the Miller family on a perfect chilly afternoon at Chisholm Park.



Mayor's Message

Like many others this time of year, I'm thinking about resolutions. How can I make myself better this year? We're thinking about those things as a city, too, and we've got a lot of fantastic new things coming up this year that will do just that. We're making our city the greatest that it can be, and we're starting with improving our communication methods. You may have noticed that this very magazine looks a little different than the last issue. We've listened to your suggestions and revamped our magazine to more clearly match the look and feel of our city. A city that is transforming right in front of us.

Speaking of transformation, our new Justice Center is starting to take shape and is scheduled to open later this year. This new facility is a perfect and necessary addition to Hurst Town Center that will bring our police and court operations up to speed with technology and efficiency. The city is also transforming the face of our city through art. We installed the latest piece of our Art in Public Places series at Heritage Village Plaza, and it's breathtaking. The piece was sculpted by a Hurst native and represents our past, present and future. We encourage you to check it out if you haven't already been by to view it.

"I'm so proud to call Hurst home, and it is my privilege to serve you."

We're committed to seeing our resolutions through this year, and we think you'll be pleased with what you see. I'm so proud to call Hurst home, and it is my privilege to serve you. Please take a moment and read through our newly redesigned magazine and let us know what you think. I hope to see you and your family soon and wish you the very best new year.

– Mayor Richard Ward

City Council

Richard Ward Mayor

Anna Holzer Mayor Pro Tem

David Booe Council Member

Larry Kitchens Council Member

Bill McLendon Council Member

Nancy Welton Council Member

Henry Wilson Council Member

The Social Media Connection

City of Hurst

WEBSITE: www.HurstTX.gov

FACEBOOK: www.Facebook.com/CityofHurstTX

TWITTER: @TheCityofHurst

INSTAGRAM: CityofHurstTX

Hurst Public Library

WEBSITE: www.HurstTX.gov/Library
FACEBOOK: www.Facebook.com/HurstPublicLibrary
TWITTER: @HurstLibrary
INSTAGRAM: HurstPublicLibrary

Hurst Police Department

FACEBOOK: www.Facebook.com/CityofHurstPD **TWITTER:** @HurstPoliceDept

Hurst Conference Center

WEBSITE: www.HurstCC.com
FACEBOOK: www.Facebook.com/HurstCC

Hurst Recreation Center

FACEBOOK: www.Facebook.com/HurstRecreation

Hurst Fire Department

TWITTER: @HurstFireDept

Other Websites

www.TransformingHurst.com www.HurstED.com

WHERE WE LIVE

Hurst Public Library

901 Precinct Line Road, Hurst, TX // 817-788-7300 // www.HurstTX.gov/Library

Monday, Wednesday, Friday, Saturday: 10:00AM-6:00PM // Tuesday, Thursday: 10:00AM-9:00PM







Teen Zone

College Night

7th - 12th Graders & Parents // 123college.com Free College Planning Workshop offered through 123college.com

7:00PM // T // 1/21 7:00PM // TH // 1/23

L. D. Bell Art & Photography Reception

7th - 12th Graders & Art Lovers of All Ages

Come see art and photography works by students from L. D. Bell High School. Share refreshments and mingle with the student artists whose work will be on display during the month of March. Bring a friend!

6:00PM // T // 3/4

Take Your Child to the Library Day

7th - 12th Graders

The library has something for teens, too! Come watch a movie especially chosen for them. Enjoy cool treats and snacks!

3:00PM // S // 2/1

Yu-Gi-Oh Card Game Night

6th - 12th Graders

Yu-Gi-Oh card game mentors will be on hand to teach and play this card game favorite!

6:00-8:00PM // 1st & 3rd Thursdays // 1/2 & 1/16 6:00-8:00PM // 1st & 3rd Thursdays // 2/6 & 2/20 6:00-8:00PM // 1st & 3rd Thursdays // 3/6 & 3/20

Adult Programs

Brown Bag Book Club

First Thursday of the month at 12 noon in the library reading alcove. Join us for informal book

December: Learning to Swim by Sara J. Henry

January: Orange is the New Black by Piper Kerman

February: Fever by Mary Beth Keane

March: Cuckoo's Calling by Robert Galbraith (aka J.K. Rowling)

April: The Returned by Jason Mott

Scrapbooking at the Library

Do you enjoy scrapbooking but need more space to spread out and work? Bring your pages, pictures and friends and come to the library learning

10:00AM-4:00PM // 2nd & 4th Saturdays

Tax Assistance (AARP)

Appointment required. Please visit the library to

NOON-4:00PM // T // 8WKS // 2/4-4/8

Programs For All Ages

Early Release Movie Matinee

School's out early! Join us at 2 p.m. on January 17 in the library program room for a movie on the big screen. Free popcorn provided by the Friends of the Library.

Make and Take Craft

Stop by our table for a FREE seasonal craft that you can make then take home with you, 6:30-7:30 p.m. in the library lobby, on February 13 and

MasterWorks at the Library

MasterWorks Music Series provides ongoing concert performances funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. These free concerts are held at 7 p.m. the fourth Thursday of each month at the Hurst Public Library.

December 19: Holiday Hams January 23: TBA // February 27: TBA

Hurst Public Library





Children's Programs

Babygarten

Babies, Birth to 18 Months, with Caregiver

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817-788-7302.

Wednesday Sessions

10:30-11:30AM // W // 1/22-2/26

Saturday Sessions

10:30-11:30AM // S // 1/25-3/1

Chess Club

Elementary School Ages + // 4:00-5:00PM // M

Puppet People

4th - 8th Grade

Calling Puppet People — old and new! Would you like to try your hand – or two – at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817-788-7302 to register.

4:00-5:00PM // W // 1/15

4:00-5:00PM // W // 2/19

4:00-5:00PM // W // 3/19

Story Time

3 - 6 Years // 10:45-11:15AM // T

Take Your Child to the Library Day

All Ages

The library — it's more than just a bunch of books (even though we think books are great!). Special programs and activities will be taking place throughout the day to give you a taste of what the library has for you.

10:00AM-6:00PM // S // 2/1

The Book Experience

Family Story Time

Experience stories in many different ways - not just your eyes and ears!

Winter Stories

7:00PM // T // 2/11 Leprechaun Tales

7:00PM // T // 3/11

Toddler Time

1 - 3 Years // 10:00-10:30AM // M & TH

Train Car Creations

All Ages

Children of all ages are invited to create their own train cars out of boxes and posterboard. A variety of media will be available to design and decorate personal train cars. All participants will be encouraged to show off their creations in the Train Parade on Saturday, Jan. 18.

5:00-8:00PM // T // 1/14 5:00-8:00PM // TH // 1/16

Train Parade

All Ages

The Kids' Express will track around the library for all to enjoy. Come see the train cars kids and families have made, or, better yet, be a part of the fun and create your own train car on January 14 and 16! At the end of the line, participants and viewers are invited to a special party celebrating trains.

11:00AM // S // 1/18

TURN YOUR RECYCLABLES INTO **REWARDS!**



FOOD & **BEVERAGES**



RESTAURANTS



HOME, OFFICE & ELECTRONICS



ACCESSORIES



GIFT CARDS



you recycle. Use those points to shop our online catalog for rewards like groceries,









JOIN TODAY! Register at MyRepublicRewards.com. Watch for an email and follow the prompts to verify your home address to start earning points for recycling at home.

No access to a computer? You can still join! Just call 888-727-2978.

WINTER 2014

WHERE WE LIVE



Prebiotics and Probiotics:

What are they and why do I need them?

Did you know that you have bacteria all over your body and especially in your digestive tract?

It seems like in our world we are at war with bacteria, but in reality certain bacteria actually helps you be healthier! "Friendly" bacteria helps your body be the best it can be.

Friendly bacteria helps our body fight the bad bacteria and yeasts that can overgrow or cause problems. It also helps the body make vitamin K and keeps your immune system powered up. We are going to call this friendly bacteria probiotics. You can get probiotics naturally in your diet from fermented foods such as the following sources:

- Yogurt Sauerkraut
- Kombucha
- Kimchee

Miso

To keep a healthy and vibrant probiotic population in your body, you need to feed it well! Just like your body needs

Kefir

good nutrition to stay healthy, the friendly bacteria in your body need good things to feed it, too.

You can feed the probiotics in your body with prebiotics. These are certain fibers and plant sources used to feed the probiotics in your digestive tract so they can multiply and remain healthy.

You can get prebiotics in your diet from sources such as:

- FOS (fructooligosaccharides)
- Inulin
- Jerusalem artichokes
- Apples
- Chicory root
- Onions

Oats

Asparagus

Barley

So be adventurous and give your body some prebiotics and probiotics to ramp up your health and immune system today!

Pineapple Probiotic Popsicles



Nutrition Per Serving: 90 Calories; 1g Fat; 15g Carbohydrates; 5g Protein; 3g Fiber

Ingredients:

2 cups plain nonfat Greek yogurt

1 cup fresh pineapple

½ cup fresh strawberries

1 cup fresh bananas

Instructions:

- 1. Peel and chop pineapple, strawberries and bananas.
- 2. Add 2 cups of plain nonfat Greek yogurt.
- 3. Place into molds; freeze overnight.

The holiday season is a great time to



Cease the Grease

Please avoid pouring fats, oil, grease or food scraps into your sink or toilet. These materials are generated during food preparation and do not mix well with water. They can also build up and block the sewer pipe coming from your home, causing sewer overflows inside your home and even clogging the city sewer mains, which can result in spills into our streets and streams. Sure, you think your garbage disposal can handle these oils. And yes, they are liquids. But these oils can build up along your pipes and eventually cause clogs that can be hard to get rid of. Fats are the most notorious for this because they are sticky and solidify into a gooey mess when cool.

Here's what we recommend instead: Take a cardboard or plastic milk carton and cut off the top portion of it so that the opening is wide enough for you to easily pour grease and oil into it without spilling. Or use those disposable fast-food cups. Just take the lid off and you're good to go. If the grease or oil is in liquid form, simply pour it into your carton or cup. Carefully dispose of the carton with the grease or oil with the rest of your garbage. If the fat has solidified, scrape it off of your cookware straight into your garbage can or scrape it into a container if you prefer.

For more information on disposing of fats, oils, grease and food scraps, please call Environmental Services at 817-788-7217 or 817-788-7237.



Membership Information

Monday, Tuesday, Wednesday, Friday: 7:00AM-7:00PM // Thursday: 7:00AM-9:00PM

The Hurst Senior Citizens Activities Center is open to seniors only, ages 55 and over.

- Membership is required in order to use the Senior Center amenities or participate in activities and programs.
 (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and ends one year from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the following year.

Fees for the Senior Center are as follows:

- Hurst Residents \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents \$80 per membership year. (Equivalent of about \$6.67 per month.)
- These fees include many free classes, programs and activities at the Senior Center, as well as membership to our state-of-the-art fitness room.
- Some classes, programs and activities may require additional fees to cover the cost of supplies, refreshments and/or instructor fees.

Lunch Program

The Senior Center offers a weekly meal program called "A Quick Bite." On Tuesdays, for *only \$5* you get a cup of the soup of the day, your choice of sandwich, a bag of chips, a pickle and your choice of dessert. Grab a friend and stop by the Senior Center for "A Quick Bite"!

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made from 7 a.m.-7 p.m. on Mondays and from 7-10 a.m. on Tuesdays. No reservations will be taken after 10 a.m.; no exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date the lunch was purchased. No refunds or rain checks for lunches will be issued.
- · Quantities may be limited and may sell out before 10 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. Togo boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 1 p.m. Lunches not picked up by 1 p.m. must be discarded.



Donor Program

Did you know that you can give to the Senior Center Donation Fund? Donations are used to purchase nonbudgeted items for the Senior Center. Items purchased from the Senior Center Donation Fund include shelving for Arts & Crafts Studio B. Donations are recognized through the Donor Board located on the east side wall of the building next to the staff offices. A plaque inscribed with your choice of inscription (space limited) will be placed on the board based on the following levels of donation:

• Bronze - \$250 • Gold - \$1,000

• Silver - \$500 • Platinum - \$2,000+

For more information or to make a donation, contact the Senior Center Director Linda Rea at 817-788-7710.

Regular Programs, Classes, Groups and Activities

"Need to Knows"

The Senior Pipeline is the Senior Center's monthly newsletter and calendar, and it is full of information on Senior Center programs and activities. The Senior Pipeline is not distributed by postal service. The next month's edition is available after 1 p.m. on the third Thursday of the current month. You are welcome to come by anytime during operating hours to get a copy. Most programs and activities require registration or sign-up. Sign-ups begin on the first business day of each month at 8 a.m. and continue throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to register for your preferred activities.

Arts & Crafts

- · Glass Fusion
- Quilting
- Beading & Glass Jewelry
- Painting and Drawing
- Ceramics

Groups

- · "The Happy Hatters of Hurst" Friendship Club
- · Aircraft & Helicopter Science
- Travel
- · Book Club

Computer Classes

- · Beginning and Intermediate Users, General Overview
- Email
- · File Management
- Internet
- Microsoft Word®

Fitness Programs

- · Zumba™ Gold
- · Tai Chi & Yoqa
- Fit Start Exercise
- · Line Dance, Belly Dance, Hawaiian Dance
- Personal Training
- DVD-led group exercise classes

The Senior Center has many monthly activities. Dances are held on the second and fourth Thursday of every month at 7 p.m. Cost is \$5 at the door, and it's open to the public for ages 55-plus. There are two opportunities for playing FREE bingo each month. Potluck Bingo is always on the first Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the third Wednesday of the month and features great prizes and light refreshments. We offer Breakfast Club and Movies & Munchies once a month for only \$3 per person. Space is limited and the menu varies, so check the Senior Pipeline for details.

The Senior Center hosts several open activities, and there are no fees or sign-up required. See the Senior Pipeline for day and time details so you can join in on the fun!

- Duplicate & Party Bridge
- Mah-jongg
- Nintendo Wii™ Games
- · Dominoes, 42 & Chicken Ping-pong Foot
 - Billiards
- Canasta
- Pickleball

2nd Annual Craft & Holiday Market



On October 25, the Senior Center hosted the 2nd Annual Craft and Holiday Market. It was a rousing success, with more than 70 vendors and hundreds of shoppers! There was a great variety of handmade crafts, holiday gifts and artwork. A great time was had by all. This is the only Senior Center event open to the public of all ages, and it was a great opportunity not only for super holiday shopping, but to also showcase the beautiful Senior Center.

4th Annual Anniversary & Open House

On November 7, 2013, the Senior Center celebrated its 4th Anniversary by hosting a great day-long party! Many members took advantage of the celebration and invited nonmember family and friends to tour the beautiful facility. There were door prizes and festivities throughout the day culminating in a cake and punch reception with live entertainment.

Senior Center Upcoming Events & Classes

Here are just a FEW of our upcoming special events. (You must be a member to participate. Sign-up and fees may be applicable.)



Art Show

Open Monday through Friday during regular operating hours and exhibiting paintings. sculpture, works on paper and photography. You must be a Hurst Senior Activities Center member in order to have your work featured in the exhibit. Nonmembers are invited to tour our facility and enjoy the art show.

M-F // 1/6-2/21 // FREE

Black-Eyed Peas & Cornbread

Get ready for the New Year by having your lucky black-eyed peas! Sign up in advance so we are sure to have enough "luck" for everyone. FREE!

NOON // T // 12/31 // FREE

Christmas Brunch & Caroling

Come carol and sing along with vocalist Michael O'Hara as you enjoy a festive morning of Christmas tradition and fare. Check the Senior Pipeline for menu details. Space is limited, so sign up early!

9:00AM // F // 12/20 // \$5 Per Person

Christmas BINGO with Grandkids

Grab the grandkids and bring them to the Senior Center for a fun time of BINGO, holiday style. Complimentary pictures with Santa (one per family), refreshments and prizes provided.

6:00PM // TH // 12/19 // \$5 Per Family of 5 (additional participants \$2 each)

Holiday Dance

Dress up in your finest holiday attire and come to the Senior Center for an evening of music and dancing featuring the Nobles of Note band. Open to the public, ages 55-plus. Complimentary refreshments provided. No sign-up required.

7:00PM // TH // 12/12 // \$5 At The Door

Memorial Service

A special time of remembrance has been planned to honor loved ones who were lost in 2013. Come light a candle to show gratitude for the life they lived and for the time that was shared with them. Please inform the staff at the front desk of anyone who should be remembered at this service.

10:00AM // TH // 1/16



Before the Flood

1. Check with the Engineering Department (817-788-7080) on the extent of past flooding in your area.

- Staff can tell you about the causes of repetitive flooding, what the city is doing about it and what would be an appropriate flood protection level.
- Staff will visit your property to discuss flood protection alternatives.

2. Prepare in advance for a flood.

- Know how to shut off the electricity and gas to your house.
- Make a list of emergency numbers and identify a safe place for family members to go.
- Make a household inventory

3. Consider some permanent flood-protection measures.

- Mark your fuse box to show the circuits to the floodable areas in and around your home. Turning off the power to these areas before flood waters rise can reduce property damage — such as fires — and save lives.
- Consider flood-protection alternatives such as flood walls or berms.

- Put insurance policies, valuable papers, medicine, etc. in a safe place
- Develop a disaster response plan for your family.
- Note that some flood-protection measures may require permits. Please check with the Engineering Department or Building Inspections Department for more information.
- A copy of Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding is available at no charge to download from www.fema.qov.hazards/floods/lib312.shtm.

4. Talk to the Engineering Department for information on financial assistance.

 If you are interested in elevating your building above the flood level or if you are interested in selling your house to the city, the city can apply for federal grants to cover 75 or 90 percent of the cost.

5. Get a flood insurance policy.

- Homeowner's insurance policies do not cover damage from floods.
- Some homeowners may have purchased flood insurance because it was required by the bank when they received a mortgage or home improvement loan.
- Don't wait until the next flood to buy flood insurance. In most cases, there is a 30-day waiting period before the National Flood Insurance Program coverage takes effect.

During & After the Flood

1. Do not wade through flood waters.

 Flood waters often contain dangerous pollutants and debris such as nails, glass, snakes, fire ants, etc., and the depth can be hard to determine.

2. Do not drive through flood waters. Turn around, don't drown!

- If emergency evacuation is necessary, please heed the warnings of City Emergency Management and follow instructions — it saves lives of those around you and possibly of the emergency workers responding.
- Flood waters are often murky and the depth and swiftness of the water is hard to determine.
- 3. When you return to your home, ask for a licensed electrician, plumber, etc. to check and turn on your power, water and gas.

Protect Yourself From Costly Sewer Line Repairs!

As a homeowner in Hurst, you are responsible for the buried, outside sewer lines that run from the point of utility connection to your home. If these lines fail, repairs could be very costly and inconvenient. The City of Hurst understands the financial burden these repairs can place on a family, which is why we are introducing the voluntary National League of Cities (NLC) Service Line Warranty program.

The NLC Service Line Warranty coverage includes:

- Up to \$4,000 per incident with an additional allowance of \$4,000 for public street cutting
- No annual or lifetime limits, service fees or deductibles
- No forms or paperwork to complete
- Repairs performed by a local, licensed contractor
- 24/7/365 claims coverage
- No pre-inspection required

Service Line Warranties of America is endorsed by the National League of Cities, an organization dedicated to helping city leaders build better communities and has an accredited Better Business Bureau A+ rating. Backed by a strong track record of satisfied customers, Service Line Warranties of America offers generous service line protection and maintains a claim approval rating of over 98 percent. Service Line Warranties of America is currently partnered with more than 190 cities in North America and to date have saved residents more than \$45 million in repair costs.

Enroll today and save! Coverage is only \$7.75 per month or \$88 annually! To enroll, please visit www.slwofa.com or call 866-922-9006!





Don't be a Holiday Victim

Courtesy of Hurst Police Department, Community Services Division, 817-788-7342

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime.

IF YOU ARE TRAVELING:

- · Get an automatic timer for your lights.
- · Ask a neighbor to watch your home.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign that you're gone.

IF YOU ARE OUT FOR THE EVENING:

- Turn on lights and a radio or TV so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- · Don't display gifts where they can be seen from outside.

IF YOU'RE OUT SHOPPING:

- Stay alert and don't allow yourself to become distracted.
 Stay off your cell phone.
- · Park in a well-lighted area.
- · Lock your vehicle doors.
- · If you have an alarm, use it.
- If possible, return to your vehicle in groups.
- When returning to your vehicle, have your keys out and ready.
- Check the front and back floor areas of your vehicle before entering.
- If you have packages stored in your vehicle, make sure they are hidden.
- If you see anything suspicious, call 911 or return to the store and call for security.
- Shopping with kids? Teach them to go to a store clerk or security quard if you get separated.

IF YOU'RE SHOPPING ONLINE:

- Shop with known, reputable firms.
- Confirm phone numbers and addresses so you have another way to contact the company should something go wrong.
- Provide personal information sparingly. Online vendors do not need your Social Security or driver's license numbers.
- Only use secure servers. Look for the unbroken key or padlock at the bottom of the browser window.
- Make sure you understand all shipping charges, taxes and delivery dates.
- Schedule deliveries when you will be home, arrange for deliveries to your business or set up a time that you can pick up the package from the delivery service.
- When making online purchases, use a credit card not your debit card. If the wrong person gets your debit card information, your bank account could be depleted.
 Protection plans are offered with credit cards.

Historical Plaza

at Heritage Village

The Historical Plaza at Heritage Village was dedicated on October 17, 2013. This plaza is a celebration of the City of Hurst, from its formation by early settlers in the late 1800s to its official incorporation in 1952 to its present day as a "Quality of Life" Community.

The Historical Plaza, located in the common area of Heritage Village, includes a Texas historical marker, the City of Hurst 50th Anniversary Time Capsule and a bust of the founding father of Hurst, William Letchworth Hurst. The focal point of the Historical Plaza is "Remembrances of My Home Town" by Janice Hart Melito. On the ledge surrounding the sculpture are plaques recognizing each mayor who has served the City of Hurst. Plaques recognizing the past and present City of Hurst council members are on the outer walls of the Historical Plaza.

"Each column is banded with sculptural reliefs that tell the story of the city and celebrates the community spirit of Hurst."

"Remembrances of My Home Town" is an exterior site-specific sculpture created for the City of Hurst. The piece comprises three monolithic columns that symbolize the past, present and future. Each column is banded with sculptural reliefs that tell the story of the city and celebrates the community spirit of Hurst.

The Historical Plaza is designed to be welcoming to the public. Visitors can walk around the artwork and view it from all angles. The City of Hurst invites you to come experience the Historical Plaza at Heritage Village to remember where the city has come from and appreciate where we are today.







WE UNDERSTAND ROAD CONSTRUCTION ISN'T MERRY.

North East Mall is open throughout the current road construction. Thank you for continuing to make Hurst your shopping destination.



VISIT **Shophursttx.com** for up-to-date road closures and alternate routes.

Employee Giving Day 2014



The City of Hurst's 16th Annual Employee Giving Day is coming up this spring. Since the program began in 1998, we've played a role in revitalizing older areas of the city and helped senior citizens make needed repairs to their homes' exteriors. We've assisted more than 60 homeowners over the last 14 years, and we don't have any plans of letting up. Most of the work includes landscaping, cleanup, scraping and painting.

Area businesses donate cash and supplies needed for the event and city employees provide the labor. We're proud of this work and thank all of our local businesses who help to make it possible year after year. For more information on how you can get involved, please call Michelle Lazo at 817-788-7055.

Volunteers-In-Action

Celebrate the holidays by showing your holiday spirit!

As the holiday season approaches, many of us will enjoy the special pleasure of giving back. You can make a difference in your community through the City of Hurst's Volunteers-In-Action program! The Volunteers-In-Action program provides an opportunity for you to support your community while learning more about City of Hurst operations. The City of Hurst's Volunteers-In-Action program utilizes volunteers in a wide variety of departments, including:

- Docroation
- Fire
- Finance
- · Hurst Conference Center
- ary · Police
- · Parks · Senior Center

Volunteer application packets can be picked up at the Community Services' offices in the Hurst Public Library or accessed online through the City's website at www.HurstTX.gov. For more information, please contact the Community Services Department at 817-788-7305.

Rickel Park

2013 Red Tricycle Award Winner — Hidden Gem!

The City of Hurst's Rickel Park was voted the "Most Awesome Park & Playground" in the DFW area by www.redtri.com users, a website for parents of younger children. According to Red Tricycle, "Rickel Park in Hurst is a hidden jewel of the DFW Metroplex. In addition to the numerous pavilions, picnic areas and trails, the park also boasts one of the coolest playgrounds in the area. Chock-full of ridiculously fun and beautifully designed equipment, your little ones will never want to leave!"

See for yourself what makes this 29-acre park so special! Rickel Park is located in southeast Hurst at 1001 Bluebonnet Drive and is open daily from dawn to dusk. The park's two pavilions have picnic tables and grills and may be rented. For more information on pavilion rentals, please contact Recreation Administration at 817-788-7320.





Economic Development

Business is booming in Hurst, and we couldn't be happier.

Progress continues on the expansion of Highways 183/121 as it plows through a 3½-mile stretch of Hurst. The overall construction is now 70 percent complete, and it's easy to see the redevelopment and new businesses that are springing up even in advance of the highways' June 2015 scheduled completion date. Pei Wei Asian Diner and Potbelly Sandwich Shop have recently opened their latest prototype restaurants, and first entries into the HEB area, on the southeast corner of Highway 183 and Precinct Line Road. Starbucks recently returned to its original location before being displaced by the highway expansion with a unique, upscale coffeehouse style that shows the company's strong commitment to the area. Golden Chick is enjoying its highway access as chicken enthusiasts now patronize the new location just across the highway next to In-N-Out Burger. Outback Steakhouse continues to be one of the area's most popular restaurants as it proudly operates out of the new location just a block west of their former home of more than 20 years. And these openings are all within the last year.

Economic development activity has not been limited to the NTE project. Development has continued at a brisk pace as 52 new businesses or expanded businesses opened in Hurst in the first half of 2013. Home sales continue to grow at an unprecedented rate in our city. In fact, 37 percent more homes were sold during the first half of 2013 than the same six

months a year ago and at an average sales price that was 9 percent higher. As they say, business is booming in Hurst, and we couldn't be happier.

For more information on economic development in the City of Hurst, contact Steve Bowden at 817-788-7025 or sbowden@ hursttx.gov or visit www.hursted.com.



Hurst Justice Center Update

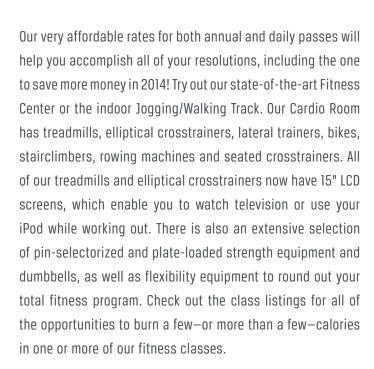
The Hurst Justice Center is quickly rising along the Hurst landscape, and we're right on track to open the doors next fall. You have probably noticed the large crane next to City Hall working away on the parking garage and Justice Center building. It's been a busy fall of construction with no sign of slowing down. Here's a look at some of the work that will be happening over the next couple of months:

- · Interior framing for walls going up in January
- · Drywall and paint throughout
- · Interior glass and doors installation
- · Flooring installation
- · Roofing to begin in January

WHERE WE LIVE WHERE WE LIVE

HURST RECREATION CENTER

If your New Year's resolution is to improve your personal health, wellness and fitness, the Hurst Recreation Center is the place for you!



Do you have a group of friends that enjoys playing basketball? Get a team together and play in the Hurst Recreation Division's Adult Basketball League. While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends and play racquetball, walleyball or table tennis.

Equipment used to participate in these activities is available for checkout at the front desk of the Recreation Center with your "Quality of Life" Rec Card.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers who are available to custom-design a fitness plan that will meet your needs. For more information, contact the Front Desk at the Recreation Center 817-788-7325.

Our Commitment to Quality

Your satisfaction is our goal... we strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and lifelong learning opportunities. If you are not completely satisfied with your recreational experience, please call us at 817-788-7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

Classes begin the week of January 6 (unless otherwise indicated)



Hours of Operation

Monday-Thursday // 6:30AM-10:00PM

Friday // 6:30AM-6:00PM

Saturday // 9:00AM-6:00PM

Sunday // 1:00PM-6:00PM

Contact Information

700 Mary Drive Hurst, TX 76053 817-788-7325

Recreation Center Fees

Hurst Residents

Daily Pass: **\$2**

Youth Annual Pass (6-15 Years):

\$20 Per Year

Adult Annual Pass (16-64 Years):

\$50 Per Year

Senior Annual Pass (65+ Years):

\$20 Per Year

Family Annual Pass:

\$125 Per Year

Replacement Card Fee: \$5

Non-Hurst Residents

Daily Pass: \$10

Youth Annual Pass (6-15 Years):

\$80 Per Year

Adult Annual Pass (16-64 Years): \$200 Per Year

Senior Annual Pass (65+ Years):

\$80 Per Year

Replacement Card Fee: \$5

Help Us Help You!
Please Enroll Early

Help us keep your favorite classes around by enrolling early. There is a point when a class must be cancelled due to low enrollment. Help us prevent class cancellations by registering early!

WHERE WE LIVE 2014

3 Years and Younger Programs

Alphabet Fun

2½ - 3 Years // Supply Fee \$10

Let's play and learn about the alphabet through stories, games and lots of practice!

Instructor: Dottie Nicholson

11130-A

9:00-9:45AM // W // 8WKS // 1/8 // \$30

Awesome Twos

2 Years // Supply Fee \$10

Let's get together and play! We will learn our shapes and colors, create crafts and just have a blast playing and learning at the same time!

Instructor: Dottie Nicholson

9:00-9:45AM // M // 8WKS // 1/6 // \$30

Down on the Farm

2 - 4 Years // Supply Fee \$10

Come on down to the farm and explore the nature around us. We will learn all about the farm and the animals who live there.

Instructor: Dottie Nicholson

11195-A

11:30AM-12:15PM // M // 8WKS // 1/6 // \$28

Happy Feet

2 Years

Let's get those feet tapping and those bodies moving! We will have fun with music and movement while working on the development of our gross motor skills.

Instructor: Dottie Nicholson

9:00-9:30AM // F // 8WKS // 1/10 // \$28

Little Painters

2 Years // Supply Fee \$5

We'll create masterpieces using finger paints, stencils, sponges and even rocks!

Instructor: Dottie Nicholson

10:00-10:30AM // M // 8WKS // 1/6 // \$28

Mom and Me Soccer

1 - 2 Years // Tennis Shoes Required

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOAAAAAALLLLL!

Instructor: Stacie Castillo

11700-A

8:30-9:00AM // F // 8WKS // 1/10 // \$28

Parent and Tot Tumbling

motor skills, tumbling and coordination.

9:30-10:00AM 31040-B	11	M	11	8WKS	11	1/6	<i>II</i>	\$28
11:30AM-NOON	11	M	11	8WKS	11	1/6	11	\$28
31040-C 9:30-10:00AM 31040-D	11	T	11	8WKS	11	1/7	11	\$28
11:30AM-NOON	11	T	11	8WKS	11	1/7	//	\$28
31040-E 9:30-10:00AM		W	11	8WKS	11	1/8		\$28

31040-G

6:30-7:00PM // T // 8WKS // 1/7 // \$28 4:30-5:00PM // TH // 8WKS // 1/9 // \$28 6:30-7:00PM // TH // 8WKS // 1/9 // \$28

Numbers for Little Learners

2 - 3 Years // Supply Fee \$5

the hallway.

Mozart's Twos

instruments and games.

and All Level Teacher)

11000-A

11000-B

18 Months - 2 Years // Supply Fee \$5

Can you imagine the beautiful music your

2-year-old and their new friends will create with

musical instruments? Students will play musical

Instructor: Mary Cassidy (Certified Early Childhood

5:30-6:00PM // M // 8WKS // 1/6 // \$28

10:30-11:00AM // W // 8WKS // 1/8 // \$28

>>> Please Remember

With your child's best interest

in mind, we ask that parents do

not remain in the classroom after the class begins. Our instructors

have found that their quality of

distractions and interruptions.

Parents may sit in the lobby or

lounge areas. Please do not sit in

instruction is effected by parental

Come create fun projects to help with number concepts. Let's learn your numbers and their value.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11123-A

9:30-10:00AM // W // 8WKS // 1/8 // \$28

GYMNASTICS

16 - 36 Months // One Child Per Parent

A fun class for you and your child to build a growing relationship through the learning of basic

Instructor: Tammy Slovensky

31040-A

9:30-10:00AM 31040-B		M		8WKS		1/6		\$2
11:30AM-NOON	11	M	//	8WKS	II	1/6	//	\$2
31040-C 9:30-10:00AM 31040-D	11	T		8WKS	11	1/7	11	\$2
11:30AM-NOON		T		8WKS		1/7		\$2
31040-E 9:30-10:00AM 31040-F	11	W	11	8WKS	11	1/8	11	\$2
9:30-10:00AM	11	TH	11	8WKS	11	1/9	11	\$2

Instructor: Miranda Slovensky

Instructor: Kathryn Cassidy

31040-J 6:00-6:30PM	11	T		8WKS		1/7		\$2
31040-K 6:00-6:30PM	//	W	//	8WKS	//	1/8	//	\$2
31040-L 6:00-6:30PM	//	TH	11	8WKS	//	1/9	//	\$2

Phonics Fun for Little Learners

2 - 3 Years // Supply Fee \$5

Come learn your letters and sounds with fun projects. We will work together to learn our letters.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11045-A

9:00-9:30AM	II	W	II	8WKS	II	1/8	II	\$28
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GYMNASTICS

Tiny Tykes Gymnastics

2½ - 3½ Years

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with avmnastics equipment.

3 Years and Younger Programs

Instructor: Tammy Slovensky

10:00-10:30AM	//	M	//	8WKS	//	1/6	//	\$28
31030-B 10:00-10:30AM		Т		8WKS		1/7		\$28
31030-C 10:00-10:30AM		W		8WKS		1/8		\$28
31030-D 11:30AM-NOON		W	//	8WKS		1/8	//	\$28
31030-E 10:00-10:30AM		TH	//	8WKS		1/9	//	\$28
31030-F 11:30AM-NOON		TH	//	8WKS		1/9	//	\$28

Instructor: Miranda Slovensky

31030-6

4:30-5:00PM	11	T		8WKS		1/7		\$2
31030-H 6:00-6:30PM		T	//	8WKS	//	1/7	//	\$2
31030-I 5:00-5:30PM		TH	II.	8WKS		1/9		\$2

Van Gogh's Twos

18 Months - 2 Years // Supply Fee \$5

Your 2-year-old could be the next van Gogh! Come find out as they express themselves through fun art projects.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11020-A E.00 E.20DM

3:00-3:30PW	П	IVI	II	ONNO	П	1/0	Ш	920
11020-B								
10:00-10:30AN	1 //	W	II	8WKS	II	1/8	II	\$28

3 Years and Older Programs

All Aboard!

2½ - 4 Years // Supply Fee \$10

Calling all conductors to climb aboard as we play trains! We will have all kinds of fun learning about trains through playtime, stories and crafts.

Instructor: Dottie Nicholson

11005-A

10:45-11:30AM // W // 8WKS // 1/8 // \$28

Ballet for Tots

3 - 5 Years // Ballet Shoes Required

In this class, your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left and other foundational dance concepts

Instructor: LaTisha Clay

11180-A

10:30-11:00AM // F // 8WKS // 1/10 // \$28 11180-B 11:30AM-NOON // F // 8WKS // 1/10 // \$28 NOON-12:30PM // F // 8WKS // 1/10 // \$28

Bugs, Bugs, Bugs

3 - 6 Years // Supply Fee \$10

Do you like watching those creepy critters in your backvard? We will learn all about insects and even conduct some inspections of live specimens.

Instructor: Dottie Nicholson

11222-A

10:00-10:30AM // W // 8WKS // 1/8 // \$28



Computer Tots

3 - 5 Years

Come and learn about computers through the Elmo's Preschool and Jump Start Kindergarten programs!

Instructor: Vicki McMeans

11800-A

9:00-9:30AM // TH // 8WKS // 1/9 // \$28 9:30-10:00AM // TH // 8WKS // 1/9 // \$28

Cooking for Fun

3 - 6 Years // Supply Fee \$10

Let's learn about different foods and how to prepare them for us to enjoy!

Instructor: Dottie Nicholson

11:30AM-12:15PM // F // 8WKS // 1/10 // \$30

Cowboy Winter Friends

3 - 5 Years // Supply Fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11015-A

9:30-10:20AM // T // 8WKS // 1/7 // \$28

Creative Healthy Chef

3 - 5 Years // Supply Fee \$10

Calling all preschoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch and dinner.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11170-A

10:30-11:15AM // T // 8WKS // 1/7 // \$30

Hands-On Math

3 - 5 Years // Supply Fee \$5

Let's learn numbers the fun way! We will learn to add, subtract and count. We will also use musical instruments to help us have fun while learning!

3 Years and Older Programs

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11205-A

9:45-10:30AM // M // 8WKS // 1/6 // \$30 9:45-10:30AM // TH // 8WKS // 1/9 // \$30

Kitchen Science

3 - 6 Years // Supply Fee \$10

Let's explore the magical side of science! We'll float a plate under water, pull the plastic out of glue and more fun!

Instructor: Dottie Nicholson

10:45-11:15AM // F // 8WKS // 1/10 // \$28



4 - 6 Years // Athletic Shoes Required

Dribbling, passing and shooting are all part of the basics of basketball. Let's give it a try!

Instructor Stacie Castillo

11335-A

10:00-10:30AM // F // 8WKS // 1/10 // \$28

Little Tyke Soccer

3 - 6 Years // Athletic Shoes Required

GGGOOOAAALLL! You will get your feet running and learn the basics of the world's most popular sport.

Instructor: Stacie Castillo

11600-A: 3 - 4 Years

9:00-9:30AM // F // 8WKS // 1/10 // \$28 11600-B: 4 - 5 Years

9:30-10:00AM // F // 8WKS // 1/10 // \$28

Instructor: Keely Castillo

11600-C: 5 - 6 Years

5:30-6:00PM // W // 8WKS // 1/8 // \$28

Messy on Purpose!

3 - 6 Years // Supply Fee \$10

Do you like making a mess? Let's do it together! We will make a mess with homemade clay, shaving cream and pudding, just to name a few.

Instructor: Dottie Nicholson

11350-A

10:45-11:15AM // M // 8WKS // 1/6 // \$28

Movin' Groovin'

3 - 5 Years

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions and our manners.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11:30AM-NOON // T // 8WKS // 1/7 // \$28

Phonics Fun - STEP 1

3 - 5 Years // Supply Fee \$5

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11030-A

9:00-9:45AM // M // 8WKS // 1/6 // \$30 9:00-9:45AM // TH // 8WKS // 1/9 // \$30

Phonics Fun - STEP 2

3 - 5 Years // Supply Fee \$5

Ready for some more phonics? Come take the next step of Phonics Fun and learn some more!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11035-A

10:30-11:15AM // M // 8WKS // 1/6 // \$30 10:30-11:15AM // TH // 8WKS // 1/9 // \$30

neur class! **Phonics Fun - STEP 3**

3 - 5 Years // Supply Fee \$5

Ready to read and write? Let's get started! To make sure students are ready, they will be tested and evaluated by the teacher prior to taking the class.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

NOON-12:45PM // TH // 8WKS // 1/9 // \$30

Preschool Athletics

4 - 6 Years // Athletic Shoes Required

Let's get moving this fall with athletics! We will follow a typical PE format including individual skills as well as team interaction.

Instructor: Tammy Slovensky

NOON-12:30PM // W // 8WKS // 1/8 // \$28

neuv class! Preschool Music

3 - 5 Years // Supply Fee \$5

Ready to get your groove on? We'll learn to listen, move, groove and even improve our coordination skills by using musical instruments.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11900-A

11:15-11:45AM // M // 8WKS // 1/6 // \$28

WHERE WE LIVE

Little Tyke Basketball

WINTER 2014

Ready for Kindergarten - Prep Program

4 - 5 Years // Supply Fee \$25

This program is designed to prepare your student for kindergarten. The program will meet Monday through Thursday from 8:30 a.m. to 2:30 p.m and is an ongoing program following the HEB ISD school calendar. The class will be structured like kindergarten and prepare your child for their big step into formal education. The goal is to help each child develop a love of learning in a safe and caring environment. Children will be exposed to reading, writing, math and science.

The teacher, Anne Stokes, graduated from Indiana University with a bachelor's degree in Education, majoring in Elementary Education with a minor in Early Childhood Education and Reading. She taught kindergarten and first grade for nine years in the Dallas-Ft. Worth area. Her true calling, however, is preschoolers, and she began teaching this program last year following the Leap Frog curriculum.

The monthly fee of \$295 is due by the first class of each month. If the fee is not paid by the first class of the month, your child will not be able to participate in class. The class is limited to 12 children and is a school-year commitment. A \$25 supply fee will be due to the instructor on the first day of class in September and on the first day of class in January.

Instructor: Anne Stokes (Certified School Teacher)

18050-E : December

11050-B : February

8:30AM-2:30PM | M-TH | 3WKS | 12/2 | \$222 8:30AM-2:30PM | M-TH | 4WKS | 2/3 | \$295

11050-C: March

8:30AM-2:30PM // M-TH // 4WKS // 1/6 // \$295 8:30AM-2:30PM // M-TH // 3WKS // 3/3 // \$222

Science Fun 101

3 - 5 Years // Supply Fee \$5

We'll explore the world of science through exciting experiments. Science will knock your socks off!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11:15AM-NOON // TH // 8WKS // 1/9 // \$28

Tap for Tots

3 - 5 Years // Tap Shoes Required

In this class, your tot will become familiar with many of the single-sound tap moves. We will also work on counting, tempo, distinguishing our right from our left and other foundational dance concepts.

Instructor: LaTisha Clav

11:00-11:30AM // F // 8WKS // 1/10 // \$28

>>> Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

Tiny Dancer

3 - 4 Years // Ballet and Tap Shoes Required

Your tiny dancer will learn tap, ballet and rhythmic movements.

Instructor: Sherri Longino

5:00-5:30PM // TH // 8WKS // 1/9 // \$28 9:05-9:35AM // S // 8WKS // 1/11 // \$28

Tumbling Tots

3 - 4 Years

GYMNASTICS

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

Instructor: Tammy Slovensky

10:30-11:00AM	II	M	II	8WKS	II	1/6	II	\$28
31011-B 10:30-11:00AM	//	Т		8WKS	//	1/7	//	\$28
31011-C 10:30-11:00AM 31011-D	11	W	11	8WKS	11	1/8	11	\$28

10:30-11:00AM // TH // 8WKS // 1/9 // \$28

Instructor: Kathryn Cassidy

31011-E

GYMNASTICS

Tumbling Tots II

4 - 5 Years

Your tumbler will learn more advanced movements while mastering the skills introduced in the Level I class.

Instructor: Tammy Slovensky

31022-A

11:00-11:30AM		M		8WKS		1/6	11	\$28	
31022-B 11:00-11:30AM	//	Т	11	8WKS	//	1/7	//	\$28	
31022-C 11:00-11:30AM	11	W		8WKS		1/8	//	\$28	
31022-D 11:00-11:30AM		TH		8WKS		1/9		\$28	

Instructor: Kathryn Cassidy

,	,					_		_					
31011-E 5:00-5:30PM //	M //	8WKS //	1/6 //	\$28	31022-E 5:30-6:00PM		M	<i>II</i>	8WKS	//	1/6	//	\$28
31011-F 5:00-5:30PM //	т //	8WKS //	1/7 //	\$28	31022-F 5:30-6:00PM		T	<i>II</i>	8WKS	<i>II</i>	1/7		\$28
31011-G 5:00-5:30PM //	W //	8WKS //	1/8 //	\$28	31022-G 5:30-6:00PM		W		8WKS	//	1/8		\$28
31011-H 5:00-5:30PM //	TH //	8WKS //	1/9 //	\$28	31022-H 5:30-6:00PM		TH		8WKS	II.	1/9		\$28

When Dinosaurs Roamed

3 - 6 Years // Supply Fee \$10

Do you LOVE dinosaurs? Come learn about all of the different dinosaurs that roamed our great State of Texas! We will have a great time learning through games, crafts and stories.

3 Years and Older Programs

Instructor: Dottie Nicholson

9:45-10:30AM // F // 8WKS // 1/10 // \$30

Yes, I Can Draw

3 - 6 Years // Supply List

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

9:00-9:30AM // T // 8WKS // 1/7 // \$28



One-Jime Classes

Sweets for the Sweet

3 - 12 Years // Supply Fee \$15

Be my valentine? Come make some fun sweets for your sweetheart!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11444-A: 3 - 5 Years

10:00-11:30AM // S // 1WK // 2/8 // \$15 21110-A: 6 - 12 Years

NOON-2:00PM // S // 1WK // 2/8 // \$15

WINTER 2014

Youth Programs

Youth Programs

3-In-1 Dance Combo Class

8 - 19 Years // Ballet, Tap & Jazz Shoes Required

Are you looking for a class that has it all? You will get a taste of ballet, tap and jazz all in the same

Instructor: Sherri Longino

21300-A: 8 - 12 Years

10:15-11:15AM // S // 8WKS // 1/11 // \$32 21300-B: 12 - 19 Years

11:20AM-12:20PM // S // 8WKS // 1/11 // \$32

GYMNASTICS

Advanced Beginner Gymnastics

5 - 10 Years

Do you have Beginner Gymnastics under your belt and ready for the next step? We'll work on new skills and refine the ones you have mastered.

Instructor: Kathryn Cassidy

31062-A

5:00-5:45PM // F // 8WKS // 1/10 // \$30

GYMNASTICS

Beginner Gymnastics

5 - 10 Years

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars and vault.

Instructor: Kathryn Cassidy

4:00-5:00PM // M // 8WKS // 1/6 // \$32 31051-B 4:00-5:00PM // T // 8WKS // 1/7 // \$32

31051-C 4:00-5:00PM // W // 8WKS // 1/8 // \$32

4:00-5:00PM // TH // 8WKS // 1/9 // \$32

4:00-5:00PM // F // 8WKS // 1/10 // \$32

Instructor: Miranda Slovensky

31051-F

5:00-6:00PM // T // 8WKS // 1/7 // \$32

5:30-6:30PM // TH // 8WKS // 1/9 // \$32

Ballet

5 - 10 Years // Ballet Shoes Required

In this class, you will perform basic barre and center work. We will also work on technique, phrasing, timing and other foundational dance

Instructor: LaTisha Clay

4:00-4:30PM // F // 8WKS // 1/10 // \$28

Ballet and Tap

5 - 8 Years // Ballet and Tap Shoes Required You will learn tap, ballet and rhythmic movements.

Instructor: Sherri Longino

21120-A

6:00-6:30PM // TH // 8WKS // 1/9 // \$28 9:40-10:10AM // S // 8WKS // 1/11 // \$28

Basic Art

7 - 12 Years // Supply Fee \$5

Explore different art projects from drawing to shading, sculpting, water coloring and much more! Instructor: Keely Castillo

21050-A

4:45-5:15PM // W // 8WKS // 1/8 // \$30

Basketball 101

7 - 12 Years // Athletic Shoes Required

Dribbling, passing and shooting are all part of the basics of basketball. Let's give it a try!

Instructor: Andy Kralik

21101-A

7:00-7:30PM // M // 8WKS // 1/6 // \$28

Instructor: Keely Castillo

21101-B

6:30-7:00PM // W // 8WKS // 1/8 // \$28

Football Basics

7 - 11 Years // Athletic Shoes Required

Do you like watching football with your family? Come out and learn the basics of flag football.

Instructor: Andy Kralik

21113-A

7:30-8:00PM // M // 8WKS // 1/6 // \$28

Hip-Hop Dance

5+ Years // Sneakers Required

In this class, you will learn the basics of hip-hop dancing. We will also work on technique, phrasing, timing and other foundational dance concepts.

Instructor: LaTisha Clay

21070-A: 5 - 10 Years

5:30-5:55PM // F // 8WKS // 1/10 // \$26

Instructor: Sherri Longino

21070-B : 9+ Years

7:30-8:00PM // TH // 8WKS // 1/9 // \$28

Hippity-Hop Dance

5 - 8 Years

Interested in hip-hop dance? We will keep it fun and creative while learning the basics.

Instructor: Sherri Longino

21333-A

5:30-6:00PM // TH // 8WKS // 1/9 // \$28

Homeschool Art

6 - 12 Years // Supply Fee \$10

Art is all around us. You will learn about different kinds of art, including painting, drawing and sculpting.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

11:30AM-12:15PM // W // 8WKS // 1/8 // \$28

Homeschool Healthy Chef

6 - 12 Years // Supply Fee \$10

Come learn how to create a healthy breakfast, lunch and dinner.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

12:15-1:15PM // W // 8WKS // 1/8 // \$30

ITF Taekwon-Do

5+ Years

ITF Taekwon-Do is the only original and traditional Korean Taekwon-Do in DFW. You will increase your flexibility, physical fitness, self-defense, selfcontrol, discipline, stress relief, self-esteem and concentration.

Instructors: Jonathan Nguyen and Bart Powell (member of ITF-Unified and Grandmaster Van Binh)

21700-A: White and Yellow Belts

9:05-10:05AM // S // 8WKS // 1/11 // \$56 21700-B: Advanced Belts

10:05-11:05AM // S // 8WKS // 1/11 // \$56



Adult Programs

Youth Programs

Jazz

5 - 10 Years // Sneakers Required

In this class, you will learn the basics of jazz dancing. We will also work on technique, phrasing, timing and other foundational dance concepts.

Instructor: LaTisha Clay

21150-A

4:30-5:00PM // F // 8WKS // 1/10 // \$28

>>> Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

Karate / Self-Defense

5 - 15 Years

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

Olympic Sport of Judo

6 - 12 Years

Judo has been an Olympic sport since 1964. Here is your chance to learn Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

28900-D : December

6:00-7:00PM // M // 4WKS // 12/2 // \$35 9:05-10:00AM // S // 4WKS 21900-A: January

21900-B : February

21900-C : March

6:00-7:00PM // M // 4WKS // 3/3 // \$40 9:05-10:00AM // S // 4WKS

Sewing Club

7+ Years // Supply Fee \$20

We will learn basic sewing techniques by hand and by machine. We will also learn how to select and sew using a pattern. (Supply fee includes all supplies except for scissors.)

Instructor: Dottie Nicholson

21420-A

4:15-5:15PM // T // 8WKS // 1/7 // \$32

Soccer Skills

7 - 12 Years // Athletic Shoes Required

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, and let's get started! We will go over your basic skills and begin working on more advanced skills.

Instructor: Kourtnee Castillo

21500-A

6:00-6:30PM // W // 8WKS // 1/8 // \$28

Stretch & Techniques for Dance

9+ Years

Need some extra help with your flexibility and special techniques such as leaps, jumps and turns? We will focus on these often-overlooked components to help you further your dancing.

Instructor: Sherri Longino

21145-A

6:30-7:30PM // TH // 8WKS // 1/9 // \$32

Tap

5 - 10 Years // Tap Shoes Required

In this class, you will learn the basics of tap dancing. We will also work on technique, phrasing, timing and other foundational dance concepts.

Instructor: LaTisha Clay

21160-7

5:00-5:30PM // F // 8WKS // 1/10 // \$28

Water Coloring

6 - 12 Years // Supply Fee \$10

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

21090-A:

5:30-6:20PM // T // 8WKS // 1/7 // \$30

Yes, You Can Draw!

6 - 12 Years // Supply List

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

21170-A:

4:30-5:20PM // T // 8WKS // 1/7 // \$30

Active Independents

Attention seniors! Are you looking for an exercise class scaled to your fitness level? This class is all-inclusive functional fitness with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

48333-D : December

10:30-11:30AM // MW // 4WKS // 12/2 // \$25 41333-A: January 10:30-11:30AM // MW // 4WKS // 1/6 // \$25 41333-B: February 10:30-11:30AM // MW // 4WKS // 2/3 // \$25 41333-C: March

10:30-11:30AM // MW // 4WKS // 3/3 // \$25

Belly Dance Basics

Geared toward the new student but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the Tribal Evolution troupe format. This is a low-impact dance class suitable for all body types.

Instructor: Tiffany Skalberg

41200-A

7:00-8:00PM // T // 8WKS // 1/7 // \$56

Belly Dancing - Advanced

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move skills and making them show-worthy by adding props, staging and interaction with a band. You will also learn to use props such as the veil, skirt, sword and zills.

Instructor: Tiffany Skalberg

41222

9:00-9:45PM // T // 8WKS // 1/7 // \$40

Boot Camp

13+ Years

Today's the day to achieve the goal you have been putting off. Come early, and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past plateaus, achieving your goals and being a fitter YOU! Come tone and tighten with a variety of workouts, including core strength, stability ball, weights, steps, circuits, interval training and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Fitness Instructor)

48420-D : December

6:35-7:30AM // MW // 4WKS // 12/2 // \$25 41420-A: January 6:35-7:30AM // MW // 4WKS // 1/6 // \$25 41420-B: February 6:35-7:30AM // MW // 4WKS // 2/3 // \$25 41420-C: March 6:35-7:30AM // MW // 4WKS // 3/3 // \$25

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Supply List

Express your talent through the art of oil painting! Basic strokes, color mixing and application will be covered.

Instructor: Elaine Roosz

Brush and Palette

41110

6:30-9:00PM // T // 8WKS // 1/7 // \$50

Clowning for Fun and Profit

Do you like clowning around? From makeup to making money, we will learn all aspects of clowning. We will have fun and learn magic, juggling, puppets, comedy and much more.

Instructor: Andy Anderson

41190-A

6:30-9:00PM // T // 8WKS // 1/7 // \$50

Cycle Circuit

Bring Water, Towel and Determination!

Want to crank up your workout, metabolism and energy? Come join us for a blend of cycle and circuit training, perfect for fitness at any level.

Instructor: Esther White (MS, RD, LD)

41300-A

5:20-6:10PM // T // 8WKS // 1/7 // \$30 41300-B 6:15-7:00PM // T // 8WKS // 1/7 // \$30

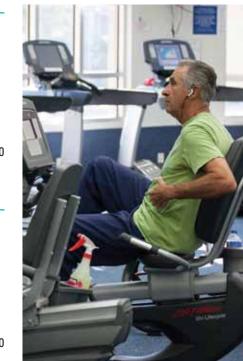
Energize Exercise

Do you like to exercise in the morning to feel energized all day? Then this is the class for you. Exercising at your own level of endurance, this class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

41010-A

8:30-9:15AM // MWThF // 8WKS // 1/6 // \$30



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Adult Programs

Adult Programs

Extreme Fitness

This high-intensity, total-body workout uses functional everyday movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

48005-D: December 7:05-8:00PM // TTH // 4WKS // 12/3 // \$25 41005-A : January 7:05-8:00PM // TTH // 4WKS // 1/7 // \$25

41005-B: February 7:05-8:00PM // T TH // 4WKS // 2/4 // \$25

7:05-8:00PM // TTH // 4WKS // 3/4 // \$25

Fitness Evaluations

41005-C: March

By Appointment Only // One-Hour Session \$41

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition.

Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Flow and Strength

Come challenge yourself to grow in flexibility, strength and calmness using yoga and Pilatesinfluenced movement to improve your health.

Instructor: Esther White (MS, RD, LD)

41060-A

5:15-6:00PM // M // 8WKS // 1/6 // \$30 41060-B 12:10-12:50PM // MW // 8WKS // 1/6 // \$30

Hatha Yoga

Don't Eat 2 Hours Prior // Yoga Mat

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility and balance and tone your body. Discover the technique of breath control, centering and

Instructor: Behka Hartmann. Certified Personal Trainer/Fitness Instructor

41100-A

10:15-11:15AM // M // 8WKS // 1/6 // \$32 41100-R 10:15-11:15AM // F // 8WKS // 1/10 // \$32

Hurst Hustlers Running Club

Come join runners, joggers and walkers of all levels for a challenging workout using hills, speed work, distance and drills. You will learn how to run and how to stay injury-free all while having fun! This is the perfect way to make friends and meet your running goals.

Instructor: Esther White (MS, RD, LD)

41001-A

6:15-7:15PM // M // 8WKS // 1/6 // \$30

Improv Dance Drills

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class, the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the Basics class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance. This class is best used in combination with Basics as there is no breakdown of the foundation steps.

Instructor: Tiffany Skalberg

41224-A

8:00-9:00PM // T // 8WKS // 1/7 // \$56

ITF Taekwon-Do

ITF Taekwon-Do is the only original and traditional Korean Taekwon-Do in DFW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self-esteem and concentration.

Instructors: Jonathan Nguyen and Bart Powell (member of ITF-Unified and Grandmaster Van Binh)

21700-A: White and Yellow Belts

9:05-10:05AM // S // 8WKS // 1/11 // \$56 21700-B: Advanced Belts 10:05-11:05AM // S // 8WKS // 1/11 // \$56

Mix-It-Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of cardio and strength work and keep the class fun, interesting and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

41040-A

9:15-10:15AM // MWF // 8WKS // 1/6 // \$40

Nutrition Counseling

One-Hour Session \$55 // Three Sessions \$130

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need, including expertise in weight loss and weight management, disease management, sports nutrition, eating disorders and general wellness. Sessions are set by appointment.

Instructor: Esther White (MS, RD, LD)

Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

48800-D: December

7:00-8:30PM // M // 4WKS // 12/2 // \$35 7:00-8:30PM // W // 4WKS 10:05-11:30AM // S // 4WKS

41800-A: January

7:00-8:30PM // M // 4WKS // 1/6 // \$40 7:00-8:30PM // W // 4WKS 10:05-11:30AM // S // 4WKS

41800-B : February

7:00-8:30PM // M // 4WKS // 2/3 // \$40 7:00-8:30PM // W // 4WKS 10:05-11:30AM // S // 4WKS

41800-C : March

7:00-8:30PM // M // 4WKS // 3/3 // \$40 7:00-8:30PM // W // 4WKS

10:05-11:30AM // S // 4WKS

Personal Training

One-Hour Session \$41 // Five Sessions \$172

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. Sessions are set by appointment.

Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Resting Metabolic Rate Test

By Appointment Only // Test Fee \$75

Are you wondering how many calories your body is actually burning? The resting metabolic rate test is a scientific test that determines how many calories your body needs at rest. The test is specific to your body and its unique needs. Knowing your resting metabolic rate can help you fine-tune your eating patterns so you can finally lose unwanted pounds or put on lean muscle

Instructor: Angela Pond (Certified Personal Trainer)

Scaravelli Yoga

Bring Blanket

Learn to elongate and extend comfortably into poses by using gravity and your breath. This userfriendly style of yoga will teach you how to relax.

Instructors: Julie Vela (Certified and Registered with Yoga Alliance)

41100-C

8:15-9:15PM // W // 8WKS // 1/8 // \$32

Scaravelli Yoga, Intermediate

Blanket and Yoga Mat

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses.

Instructor: Julie Vela (Certified and Registered with Yoga Alliance)

41100-D

7:05-8:00PM // W // 8WKS // 1/8 // \$32

Sewing for Adults

First Class Supply Fee \$20 // Supply List for Remaining Classes

Get those creative juices flowing! We will learn basic sewing techniques and how to use the machines. We will also learn how to select and sew by using a pattern. Please bring your own scissors and sewing machine if you have one!

Instructor: Dottie Nicholson

41500-A: Beginning

1:15-2:30PM // T // 8WKS // 1/7 // \$32

41500-B : Advanced

5:15-6:15PM // T // 8WKS // 1/7 // \$28



Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White (MS, RD, LD)

41015-A

6:35-7:25AM // T TH // 8WKS // 1/7 // \$36

12:10-12:50PM // TTH // 8WKS // 1/7 // \$36

Spin and Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

Instructor: Angela Pond (Certified Personal Trainer)

41444-A

9:00-9:45AM // T // 8WKS // 1/7 // \$32 41444-B

5:30-6:15PM // TH // 8WKS // 1/9 // \$32

Tri City Promenaders

Center on Tuesday nights from 7:30-9:30 p.m.? Drop by and give it a try! Email tricitypromenaders@gmail.com for more information.

Did you know that the Tri City Promenaders offers square dance lessons at Brookside

WINTER 2014

Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

Instructor: Dan Streeter

48070-D: December

7:00-8:15PM // TH // 4WKS // 12/5 // \$30 9:05-11:00AM // S // 4WKS

41070-A : January

7:00-8:15PM // TH // 4WKS // 2/2 // \$30 9:05-11:00AM // S // 4WKS

41070-B: February

7:00-8:15PM // TH // 4WKS // 3/6 // \$30 9:05-11:00AM // S // 4WKS

41070-C : March

7:00-8:15PM // TH // 4WKS // 4/6 // \$30 9:05-11:00AM // S // 4WKS



By Appointment Only // Four Sessions \$145

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes two sessions focused on nutrition with a customized diet plan and two sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for four sessions. All evaluations are done by appointment.

Instructors: Esther White (MS, RD, LD) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Tribal Evolution

Instructor Approval Required

This class covers the unique Improv Tribal Style of Tribal Evolution Belly Dance Company. This class is a professional performance-level class that will teach you to include props, musical interpretation, musician interaction, staging and show layout.

Instructor: Tiffany Skalberg

41226-A

8:00-9:45PM // TH // 8WKS // 1/9 // \$46



Zumba

Instructor: Behka Hartmann (Certified Fitness Instructor)

13+ Years

This class can only be described as FUN! If you want to party, laugh and have a great time while you lose unwanted inches, come and join us! It's the Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose. Each class is a whole new set of dancing and fun.

41065-A

6:05-7:00PM // MW // 8WKS // 1/6 // \$40

Zumba Gold Toning

Instructor: Behka Hartmann (Certified Fitness Instructor)

Come learn the basic techniques of Zumba in this energizing fitness class by getting your groove on! This is a great way for all ages to get started in Zumba or if you need a lower intensity. We'll use the musical maraca-sounding toning sticks to bump up the workout by adding resistance. It's great for the mind, body and soul!

41050-A

7:30-8:25AM // TTH // 8WKS // 1/7 // \$40

Registration Policy

Walk-in registration beginning on **Monday, December 9**, at **7:00 a.m.** is open only to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills and Euless whose mail is delivered to a Hurst "address" are not eligible to register until December 16 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Nonresidents will be able to register beginning on Monday, December 16.

Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of January 6

(unless otherwise indicated)

Sign Up To Register Online

That's right — you can save time and register your entire family online! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst water bill, Hurst property tax statement or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our online registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register online the day registration starts!

Help Us Help You! PLEASE ENROLL EARLY!

Help us keep your favorite classes around by enrolling early. There is a point when a course must be cancelled due to low enrollment. Help us prevent course cancellations by registering early!

« CLASS REGISTRATION

Walk-In Registration Times

Monday-Thursday: 7:00AM-9:00PM

Friday: 7:00AM-5:00PM Saturday: 9:30AM-5:00PM Sunday: 1:30PM-5:00PM

Confirmations

When you register by mail or fax, you will receive a confirmation notice through the postal mail. You will be notified of the designated classes that are not available. If the class is not available, you may select a second choice. If you register online, you may print a copy of your receipt.

Refund Policy

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the start of the class. Thank you for your cooperation.

Weather Policy

In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels its classes for the day.

Supply Lists

Some of our classes require a supply list. These classes are noted in this magazine. You will receive a supply list when you register. For mailed registrations, a list will be included with your confirmation letter. Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.

SPECIAL EVENTS

EMAIL ADDRESS STATE / ZIP

« CLASS REGISTRATION FORM

HOME PHONE **WORK PHONE**

APT#

HEAD OF HOUSEHOLD

STREET ADDRESS

PARTICIPANT'S N	IAME			DOB	GENDER	CLASS #	CLASS FEE
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
						Subtotal	\$
GRAND TOTAL	Non-Resident Fee of \$2 per class	x \$2 # 0F CLASSES	= \$	+ Subtot	al \$=	Total Due \$ _	

CITY

PAYMENT METHOD		
CHECK	CREDIT CARD	CASH
CHECK NUMBER:	CARD TYPE: Visa MasterCard Discover American Express	MAIL TO: Hurst Parks and Recreation Class Registration
City of Hurst	EXPIRATION DATE:/	700 Mary Drive, Hurst, TX 76053
injury and agree to assume the full risk of or equipment. I DO FULLY RELEASE, INDEMN	lowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equence any injuries, including death or damages, that may result from an injury sustained while participating in activities reliefy, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROFIN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED, AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide a gage in activities on City Premises.	related to the program or from using the City's facilities PERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, O
BY SIGNING THE RELEASE, I ACCEPT A	LL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.	

SIGNATURE OF PARTICIPANT DATE

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18 DATE



Daddy and Daughter Valentine's Ball

Sunday, February 9, 2014 // 3:00-5:00PM // Hurst Recreation Center, 700 Mary Drive

Tickets are \$15 per couple and \$8 for additional daughter. Tickets go on sale January 13, 2014, 8:00 a.m. at the Hurst Recreation Center's Administrative Office. For more information, call 817-788-7320



Trout Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with trout again this winter. Please check Texas Parks and Wildlife Department website, Neighborhood Fishin', at www.neighborhoodfishin.org.

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage lifelong learning, fitness and fun.

Parks and Recreation Board

Chairman: Vice Chair: **Delbert Derrett** Alan Neace **Carol Cole** Karen Spencer Ralph Hurd **Bob Walker Pat King Hank Williams**

Recreation Staff

Recreation Director: **Chris Watson**

Recreation Managers: Doug McDaniel Kim Mesa Kristie Weaver

Recreation Supervisor **Mary Singleton**

Senior Secretary: Paige Lutz

Recreation Receptionist: **Melanie Cox** Susan Derr

Recreation Attendants: Marissa Benson Lauren Ferguson **Rudy Garcia** Luke Grimsley Michael Kearney **Shana Sanders Cheryl Thompson Audrey Winstanley**

Facility Maintenance: **Judy Arellano**

Fall/Winter Operating Hours

(beginning November 11, 2013)

Monday-Thursday: 8:00AM-9:00PM Friday: 8:00AM-6:00PM Saturday & Sunday: 9:00AM-6:00PM

Hurst Tennis Center

701 Mary Drive, Hurst, TX 817-788-7330

Hurst Tennis Center Staff

Tennis Coordinator: Mike Campo, USPTA

Tennis Attendants: **Brent Eberhart**

Blake Fisher Jared Jordan Eric Thuener Caleb Wesley

Tennis Instructors: **Cameron Bodily** Bryan Combest, USPTA John Schildt Grea Smith Austin Wynne, USPTA

Tennis Specialist:

Kelly Langdon, USPTA

Upcoming Tournaments

Fall/Winter Mid-Cities Junior Circuit December 7

Hurst Junior Open Tournament April 12-13

Winter Adult Tennis Leagues

Winter adult leagues begin February 10 Register by January 13. The cost is \$25 per person. For more information, call the Hurst Tennis Center.



- · Lessons and team drills for all ages and abilities
- · 10 lighted outdoor courts
- USRSA racquet stringers
- · Ball machine rental
- · USPTA-certified instructors available
- · USTA adult leagues

How About A Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Tennis Specialist Kelly Langdon, USPTA, or Tennis Center Coordinator Mike Campo, USPTA

\$26 Per Half Hour \$50 Per Hour

\$180 For Series Of 4 Lessons

Lessons with tennis instructors Greg Smith; Austin Wynne, USPTA; John Schildt; Cameron Bodily; and Bryan Combest, USPTA.

\$26 Per Half Hour \$49 Per Hour

\$180 For Series Of 4 Lessons

The Tennis Center Staff also offers group lessons: \$90 for 1½ hour and \$60 for 1-hour group lessons for league teams.

Racquet Stringing

The Tennis Center has a large choice of strings and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer's Association certified stringers on staff.

Youth

Ouickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

An introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructors: Austin Wynne, USPTA; John Schildt; Cameron Bodily; and Staff

82601-A 5:00-5:30PM 82601-B	11	M	11	4WKS	11	1/6	11	\$2
5:00-5:30PM 82601-C		M	//	4WKS	11	2/3		\$2
5:00-5:30PM	11	M	//	4WKS	11	3/3	11	\$2
82602-A								
5:00-5:30PM	II	W	II	4WKS	II	1/8	II	\$2
82602-B								
5:00-5:30PM	\parallel	W	\parallel	4WKS	II	2/5	\parallel	\$28
0.00000								

5:00-5:30PM // W // 4WKS // 3/5 // \$28

Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

A fun class for beginners. Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.

Instructors: Austin Wynne, USPTA; John Schildt; Cameron Bodily; and Staff

82502-A 5:30-7:0 5:30-7:0 82502-5:30-7:0 82503-A

5:30-7:0 82503-E 5:30-7:0 82503-5:30-7:0

Intermediate Junior Tennis

10 Years and Up // 1 Can of Unopened Balls

For players who have had prior instruction and looking to improve their overall game. Includes singles and doubles techniques and tactics.

Instructors: Austin Wynne, USPTA; John Schildt; and Staff

82504-A

OOPM B	II	M	II	4WKS	II	1/6	II	\$72	5:30-7:00PM 82504-B	II	M	II	4WKS	II	1/6	II	\$72
00PM		M		4WKS		2/3		\$72	5:30-7:00PM 82504-C		M		4WKS		2/3	11	\$72
00PM	//	M	11	4WKS	11	3/3	11	\$72	5:30-7:00PM	11	M	11	4WKS		3/3	11	\$72
·A									82507-A								
00PM		W	11	4WKS	11	1/8	11	\$72	5:30-7:00PM 82507-B	11	W		4WKS	11	1/8	11	\$72
									023U/-D								
00PM C		W	//	4WKS	//	2/5	11	\$72	5:30-7:00PM 82507-C	11	W	//	4WKS	//	2/5	11	\$72

Adult

22505-1

Adult Beginner Clinic

1 Can of Unopened Balls

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new unopened balls to first class.

Instructors: Kelly Langdon, USPTA; and Staff

7:00-8:30PM 82505-B	11	W	11	4WKS	11	1/8	11	\$72
7:00-8:30PM	11	W	11	4WKS	11	2/5	11	\$72
82505-C 7:00-8:30PM	//	W	//	4WKS	//	3/5	//	\$72

Adult Intermediate Clinic

1 Can of Unopened Balls

This class is for adults who want to build on existing skills. You will practice all shots and learn techniques and tactics.

Instructors: Kelly Langdon, USPTA; and Staff

7:00-8:30PM 82506-B		W		4WKS		1/8		\$72
7:00-8:30PM 82506-C		W	11	4WKS		2/5		\$72
7:00-8:30PM	//	W	//	4WKS	//	3/5	//	\$72

Men's 4.0 & Above Drop-In Drill

Minimum of 3 Players

This drill class is designed to work on both singles and doubles point play situation. Get a great workout while getting ready for your next competition. A minimum of three players is needed for the class to make. Players must call and register 24 hours in advance. Players should call the tennis center on Thursday to ensure the class has made.

Instructors: Kelly Langdon, USPTA; and Bryan Combest, USPTA

7:00-8:30PM // TH // Drills Start 2/20 // \$12

Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

≪ SPORTS ASSOCIATIONS
≪ HEALTHY HURST









Youth Sports Associations

Hurst Girls Softball League HGSL 817-209-5409 www.eteamz.com/hurstgsl hurstgirlssoftball@yahoo.com

Tri-Cities Baseball Association
TCBA 817-285-0200
www.tcbaseball.com

MidCities Basketball Association

MCBA 817-354-6208 www.midcitiesbasketball.org

Hurst United Soccer Association HUSA 817-504-7479 www.hurstunited.com

MidCities PeeWee Football & Cheerleading Association 817-282-2390

www.midcitiespeeweefootball.org

WINTER 2014

Adult Sports Registration Information

Teams may register in person at the Recreation Administration Office located inside the Hurst Recreation Center, 700 Mary Drive. Hours are Monday, Wednesday and Friday from 8:00 a.m. to 5:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 6:00 p.m. For more information, please call 817-788-7320. Registration information and rules are located online at **www.teamsideline.com/hurst**.

Softball

Spring League Registration

Returning Team Registration: January 27-28 *Teams that played in Hurst in 2013*

Open Registration: January 29-February 14

Entry Fee: \$360 for a 10-game season With city playoffs

League Schedules: Available February 19, 4:00PM

League Begins: Monday, February 24

Friday - Men's Church, Men's & Co-ed

League Nights: Monday — Men's & Women's Tuesday — Men's & Co-ed Wednesday — Men's & Co-ed Thursday — Men's & Co-ed

Basketball

Winter League Registration

Returning Team Registration: January 2-3 *Teams that played in Hurst in 2013*

Open Registration: January 6-17

Entry Fee: \$275 for a 7-game season With playoffs for teams that qualify

League Schedules: Available January 22, 4:00PM

League Begins: Tuesday, January 28

League Nights: Tuesday — Men's Thursday — Men's

Healthy Hurst

Online Wellness Program

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst T-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst program.

The Healthy Hurst program is open to all Hurst residents, as well as nonresidents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health and fitness goals. For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817-788-7325.

Healthy Hurst Lose the LBs Fitness Challenge

Start 2014 off with your fitness resolution, and you can get started toward your healthy lifestyle in the Healthy Hurst Lose the LBs Fitness Challenge.

Participants can choose to log their workouts and track their weight loss during the 2014 Lose the LBs Fitness Challenge. Incentive awards will be given based on level of participation. Register for the Healthy Hurst Wellness Program at no charge, and keep track of your workouts and weight loss between January 2 and February 28, 2014, to be eligible for incentive awards. For more information, please call at 817-788-7325.

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Taking Care of City Parks

We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220. www.HurstTX.gov

Facilities

- A Hurst Conference Center
- Brookside Center
- **G** Hurst Library
- Hurst Senior Center

Park Pavilions

Pavilions are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation. For more information, call 817-788-7320.

B

Echo Hills Park

500 Heneretta Drive // 7.1 Acres

- Pavilion
- Playground
- · Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- · Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 Hurst Athletic Complex

2104 Precinct Line Road // 42.2 Acres

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- · 4 Youth Soccer Fields (Unlighted)
- Playground

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- · 3 Group Shelters
- · 2 Concession/Restroom Buildings

Chisholm Park

2200 Norwood Drive // 50 Acres

- · Aquatics Center
- 4 Youth Softball Fields (Lighted)
- · 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- · Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- · Fitness Course
- · Group Shelter
- · Concession/Restroom Building
- · 2 Basketball Courts (Lighted)
- · 4 Pet Water Fountains

4 Smith-Barfield Park

640 Pleasantview Drive // 6.9 Acres

- Youth Baseball/Softball Field (Lighted)
- · 2 Tennis Courts (Lighted)
- · Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- · Picnic Tables
- Restrooms
- · 2 Pet Water Fountains

6 Mayfair Park

1725 Norwood Drive // 14.4 Acres

- Pavilion
- Playground
- · Jogging/Walking Trail System (1/4 mile)
- · Youth Athletic Fields (Unlighted)
- · Pet Water Fountain

6 Windmill Park

840 W. Cheryl Avenue // 2 Acres

· Historical Marker

Valentine Park

610 Bedford Court West // 4 Acres

· Youth Athletic Practice Field (Unlighted)

8 Hurst Hills Park

575 Billie Ruth Lane // 4 Acres

HERITAGE VILLAGE PARK

841 W. Pipeline Road

- · Historical Plaza
- · Picnic Table
- · 2 Decorative Water Fountains

10 Hurst Community Park

601 Precinct Line Road // 44.9 Acres

- · 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- · 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- · Multi-Use Trail System (1 mile)
- · Picnic Tables
- · Wooded Natural Area
- · Open Field Play Area
- · Concession/Restroom Building
- · 2 Group Shelters
- · 2 Pet Water Fountains

Central Park

700 block of Mary Drive // 17.5 Acres

- · Recreation Center
- · Aquatics Center
- · Tennis Center (10 Lighted Courts)
- · 2 Pavilions
- Playground
- Picnic Tables
- · 2 Outdoor Basketball Courts (Lighted)
- · Pet Water Fountain

Vivagene Copeland Park

501 Pecan Drive // 5.2 Acres

- Pavilion
- Playground
- · Multi-Use Trail System (1/3 mile)
- · Open Field Play Area
- \cdot 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

I Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

- Playground
- · Picnic Tables
- Restrooms
- · Youth Athletic Practice Fields (Unlighted)
- · Pet Water Fountain

Billy Creek Park

161 Billy Creek Drive

15 Redbud Park

525 Redbud Drive // 7.2 Acres

- Soccer Field (Unlighted)
- Playground
- · Jogging/Walking Trail System (1/3 miles)
- · Picnic Tables
- · Fitness Course
- Pavilion
- Pet Water Fountain

16 Bellaire Park

500 Pecan Drive // 6.4 Acres

- Playground
- · Youth Baseball/Softball Field (Lighted)
- · Jogging/Walking Trail System (1/3 mile)
- · Pet Water Fountain

Wan-Ka-Kani Park

748 Shady Lane // 4.1 Acres

· Picnic Tables

Rickel Park

1001 Bluebonnet Drive // 29 Acres

- · 2 Pavilions
- · Picnic Tables
- · Nature Trails
- Scenic OverlookWinding Stream with 2 Bridges
- · Jogging/Walking Trail System (1/2 mile)
- Playground
- · 2 Pet Water Fountains

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RECREATION CLASS SCHEDULE
RECREATION CLASS SCHEDULE

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities and services that encourage lifelong learning, fitness and fun.